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Urban fish farm

Tackling neighbourhood renewal on a new scale. Page 4

NEWS WORTH SHARING.

ARGUMENT

Maple Leafs now 'just as nasty away from the rink'

Hockey. Team's brutal season on the ice has spilled onto social media and television

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

The cauldron of resentment, frustration, error and anger otherwise known as the Toronto Maple Leafs boiled over Tuesday: First, star winger Phil Kessel unloaded on the media for its treatment of team captain Dion Phaneuf — and later that day, teammate Joffrey Lupul joined with Phaneuf and his wife, actress Elisha Cuthbert, to threaten broadcaster TSN with a lawsuit after the network aired an inappropriate tweet in its trade deadline coverage on Monday.

For as brutal and negative as things are on the ice for the Leafs, they've gotten just as nasty away from the rink. And the main challenge for team management in Toronto's remaining 18 games is to find a way to channel those hard feelings into something positive the organization can build on, heading into next season.

There's no doubt TSN's error is one of the reasons Kessel lashed out after the team's game-day skate in Florida. But it's also clear his diatribe was something that had been building throughout this nightmare of a season for the Leafs.

He's already been asked this year if he was uncoachable and he had his name mentioned frequently in trade rumours, and it's only natural a human being would eventually want to stand up for himself and push back.

Unfortunately for Kessel, the best time to be angry and strike back was months ago. He and his teammates needed to do something on the ice at that time to keep at bay the media they perceive as hounds, but that didn't happen.

And the reality is, if Toronto wasn't an unmitigated disaster in the standings, the focus would be on what they would do in the playoffs, not any of this nonsense.

(And even then, that may no longer be true: Patrick Sharp of the mighty Chicago Blackhawks has threatened legal action against people spreading malicious personal rumours about him this season.)

Nobody's saying Lupul, Kessel, Phaneuf and Cuthbert don't have a right to be irate with the manner in which they've been treated — they do. It's a serious mistake to bring a player's personal life and/or spouse into any discussion of a hockey team's performance.

However, the issue between Toronto's players and the reporters assigned to cover them has been festering for some time — and if Leafs players are being honest with themselves,

More Leafs coverage, page 25

Update

TSN issues apology on the air

TSN has issued a public apology to Maple Leafs captain Dion Phaneuf, his wife Elisha Cuthbert and Toronto forward Joffrey Lupul. The apology was read by host James Duthie on Sportscentre on Tuesday night and posted prominently on the network's website.

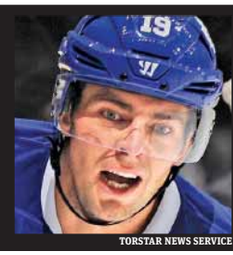
THE CANADIAN PRESS

GETTY IMAGES

DION PHANEUF
Leafs captain skates into the centre of a Twitter storm after insinuating tweet

GETTY IMAGES

ELISHA CUTHBERT
Phaneuf's actress wife finds herself caught in a sports-world controversy



TORSTAR NEWS SERVICE

JOFFREY LUPUL
Forward attacks TSN as "a poor man's TMZ."

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Vendor hit with fine for attempted sale of ivory

A Scarborough-based auction house and its director have been convicted and fined for trying to sell two elephant ivory tusks, which were found to have been taken from animals killed in 1977 and 1978.

In November 2013, Environment Canada officers learned that the tusks, which were 78 centimetres in length and weighed 1.7 kilograms, were put up for sale by Five Star Auctions and Appraisals.

The officers temporarily detained the tusks, which the company claimed were "antique," and had them analyzed by experts using radiocarbon dating, which can help determine when an animal died. This is the first time the use of this technology has led to a conviction under wildlife law in Canada, according to Environment Canada.

Experts found that the tusks had come from elephants killed in 1977 and 1978, meaning that having them with the intent to sell was illegal.

Being in possession of elephant ivory for the purpose of offering it for sale is not permitted unless it can be proven that the animal was taken from the wild before July 3, 1975, or that the elephant ivory was brought into the country legally, Environment Canada said in a news release.

The company and its director Chun Al Jin were each fined $9,375 and ordered to give up the tusks to authorities, after pleading guilty on Feb. 27 to charges under the Wild Animal and Plant Protection and Regulation of International and Interprovincial Trade Act.

TORSTAR NEWS SERVICE

Faces of the strikes

Stories from the York University and University of Toronto picket lines

GILBERT NGABO
gilbert.ngabo@metronews.ca

Emily Irwin
Social-work student, undergrad, York

Irwin was braving the cold Tuesday to express support for her instructors.

"I feel their pain," the third-year student said. "They deserve better."

Some of her teachers — TAs and contract faculty — have been on the job for 15 or 20 years but still have no job security, forced to reapply for the same jobs every year, Irwin said.

"The leaders are turning the university into a corporation," she said.

Irwin said she'll no longer be buying food and school materials on campus — her own sort of strike, which she intends to carry on until the labour dispute ends.

She'll keep doing homework, though, even though classes are cancelled.

"Because I want to be prepared and I like to learn," she said. "That's how I'll be supporting my profs."

Louise Birdsell Bauer
Sociology PhD candidate, U of T

Bauer has worked as a teaching assistant in the sociology department for the past four years.

Her work involves grading all student papers and helping students with assignments.

For her, the funding package offered by the university is simply "unfair."

"I basically work hand to mouth," she said. "Every paycheque I get goes to groceries, and I'm barely making that every month."

Add to that the "exorbitantly high" rent in Toronto, and you get an even better feel for what she's facing.

The strike is a blow to the campus, but Bauer said they're "doing it for the greater good." She's willing to do "whatever it takes to get a fair deal."

Garry Sran
Economics PhD student, York

Sran has been a teaching assistant in the faculty of economics for more than five years.

His work involves helping students through complex assignments, reading essays and helping co-ordinate exams.

Standing on the picket line, he couldn't help but think about the strike's impact on the quality of education.

"It's a double-edged sword," he said.

The strike is going to "greatly" affect students and life on campus, but if that's the price that must be paid to achieve "equity," he said he's ready.

"Teaching conditions are learning conditions, as they say," he said.

Strike 101

University of Toronto:

- Negotiations between the union and the administration are continuing.
- More than 6,000 full-time students who work as teaching assistants went on strike Monday after rejecting a contract proposal late Friday.
- They're asking for longer contracts and increased funding packages. The packages include wages paid for teaching classes.

York University:

- Negotiations between the union and the administration are continuing.
- About 3,700 teaching assistants and contract faculty went on strike Tuesday after rejecting a contract proposal late Monday.
- They're asking for the same things as U of T students.

* Source:jobbank.gc.ca

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Subterranean east-end space may house fish farm: MPP

Food. Arthur Potts says opening a co-op in vacant storefront would be 'amazing' for Crescent Town

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Torontonians may, one day, be able to buy local fish, not sourced from the waters of Lake Ontario, but from a farm deep beneath a set of East York highrises.

It's part of Beaches East-York MPP Arthur Potts' vision for a vacant storefront — and a massive, also vacant, underground space below it — in Crescent Town.

He wants to see the apartment complex near Victoria Park Station become home to an urban agriculture co-op that produces and sells food, including fish from an on-site fish farm.

Potts, the parliamentary secretary for agriculture, has been working with the community to help find something to replace the now-closed Hasty Market at the heart of the development.

The market closed about six months ago and the landlord has been unable to find a tenant. The plan that's come about is gaining momentum.

"It's in the (intersection) of my interests, the community's interest and even the landlord," Potts said.

The city identified Crescent Town last year as an area that needed improvement due to high unemployment and the number of people on social assistance.

A food co-op would have an "amazing" impact on the community, Potts said, because it would create jobs along with improving access to fresh food. Having the retail space filled would give people a chance to build community.

"Dead retail space just isn't a good social engineering force," he said.

The idea took shape after Potts and supporters visited the store and found out there was more than what met the eye.

"It was revealed to us that underneath that space are two floors of vacant warehouse space. It's 9,000 square feet on the bottom level, 12-foot ceilings, wide-open," he said.

The second underground floor has separate rooms for storage and conveyer belts. Neither underground floor is being used.

Many details still need to be worked out, but the general idea is to "grow food on the bottom level, process food on the middle level and then sell food on the upper level," Potts said.

Quoted

"The whole aquaponics movement is very strong."

Arthur Potts, Beaches East-York MPP and Ontario parliamentary secretary for agriculture

Underneath the empty storefronts in the heart of Crescent Town lies a cavernous, empty warehouse that could, one day, be home to a fish farm. DAVID VAN DYKE/METRO

Transit

Employees' guests won't get a free ride on the GO

Metrolinx employees will continue to ride GO Transit for free, but they'll no longer be able to bring a guest after the provincial agency's board voted to amend its employee pass policy on Tuesday.

While it's common for transit agencies, including the TTC, to allow employees to ride for free, the plus-one provision of the Metrolinx practice prompted questions from opposition MPPs at Queen's Park when it came to light in January.

They said the policy was just unfair to commuters who pay some of the highest fares in North America to ride GO. The controversy emerged just before GO hiked its fares in February and during fierce criticism over the cost to ride the new Union Pearson Express train being built and operated by Metrolinx.

Eliminating the guest part of the policy "was the right thing to do," said Ontario Transportation Minister Steven Del Duca.

Metrolinx CEO Bruce McCuaig has said he's received valuable insights into the GO customer experience by taking advantage of the staff pass.

The policy is intended to exhibit the transit system to visitors and to facilitate the movement of staff across more than 100 work sites and stations in the Toronto region. TORSTAR NEWS SERVICE

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The kids in Toronto are all right ... well, sort of

Health. Binge-drinking and mixing alcohol with energy drinks a major issue, but tobacco-, alcohol-, drug-use stats under provincial, federal averages

Toronto Public Health has just released the results of its first ever comprehensive school-based survey, and according to the Healthy Futures report, adolescents across the city are doing drugs, having sex and spending way too much time idling in front of electronic devices.

"So many of the health problems that we experience throughout the life course begin with our health and health behaviours in our youth," Dr. David McKeown, Toronto's Medical Officer of Health, said. "That's when we start to smoke, start to use drugs and set patterns of physical activity and how we eat."

To get a sense of how healthy Toronto's adolescents are, Public Health surveyed 6,053 Grade 7 to 12 students about their physical, mental and sexual health, and measured and weighed them and checked their teeth. While such studies have been done provincially and federally, this was the first that was Toronto-centric.

The good news is that Toronto youth are using tobacco, alcohol and drugs at lower rates than provincial and federal averages.

"I think that's partly because we have a very diverse community," McKeown says. "There are a number of ethno-cultural communities that generally have lower rates, for example, of smoking and alcohol use."

Despite this, high-risk behaviours such as binge-drinking and mixing alcohol with energy drinks remain a major issue, with 26 per cent of high school students reporting engaging in them.

"That is a real concern," McKeown says. "It can lead to motor vehicle accidents; it can lead to unsafe sex; it can lead to other kinds of violence."

Some 25 per cent of students reported misusing other drugs such as marijuana and pain medication. The average age for trying pot was just 14. But only five per cent of students reported that they had smoked tobacco in the past 30 days.

Toronto students seem to have traded in their cigarettes for their smartphones; they reported significantly less physical activity than the provincial and national average. Nearly three-quarters said they spend more than two hours a day in front of a screen.

One-fifth said they have had sex, and of those, only 60 per cent reported using a condom or other barrier, such as a diaphragm.

In many cases, survey results were organized by the students' grade, sex, ethno-racial identity, home language, immigration status and sexual orientation. This revealed some interesting, and troubling, trends:

— Students in a lower socio-economic status were more likely to be overweight or obese.

— Vegetable and fruit intake decreases with a students' age, while older students are more likely to have tried smoking tobacco.

— Girls were more likely than boys to report self-harm (such as cutting) and seriously considering suicide.

— Students who identified as something other than heterosexual were more than twice as likely to report being bullied in the past year.

The survey's results, McKeown says, will be used by Public Health to provide better services for young residents, in conjunction with school boards.

TORSTAR NEWS SERVICE

Tobacco is no longer a favoured substance with youth, according to a Toronto survey. Of those questioned, just 5 per cent of students had smoked tobacco within the previous 30 days. GETTY IMAGES

The stats

- **20%:** Students who reported being bullied in past year
- **12%:** Students who seriously considered suicide in the past year
- **11%:** Students who reported taking part in self-harm
- **10%:** Students getting enough physical activity
- **9%:** Students who are obese
- **5%:** Students who smoked tobacco in the last 30 days
- **26%:** Secondary students who reported either binge-drinking or mixing alcohol with energy drinks
- **20%:** Secondary students who reported having sex
- **60%:** Students who reported using protection the last time they had sex

** Source: Toronto Public Health Student Survey*

Transit. Rail expansion will cost taxpayers

Toronto taxpayers are set to hand the Ontario government almost $100 million over "several" years for work done as part of regional rail expansion and electrification.

At the same time, the provincial and federal governments are refusing to pay a penny of $60 million requested by the city as their share of Union Station revitalization cost overruns, according to a city staff report.

At city hall Monday, Mayor John Tory and his executive committee huddled behind closed doors for almost two hours while city manager Joe Pennachetti briefed them on apparent agreement to pay provincial transportation agency Metrolinx for Georgetown South and Union-Pearson Express rail work that benefits the city.

After the briefing Pennachetti would tell reporters only that the executive committee was digesting a "significant payment" to the province.

Pennachetti added this was just the start of many rail project partnerships with Metrolinx over coming decades.

For the Georgetown-Union-Pearson rail work costs, Metrolinx spokeswoman Anne Marie Aikins said "Metrolinx and the City of Toronto have recently come to terms on the shared cost of the grade separations and City of Toronto utility relocation.... The total figure is $95,460,710 which will be paid out over several years."

Although Pennachetti said rail work negotiations were concluded, Tory told reporters "negotiations continue."

TORSTAR NEWS SERVICE

Honest Ed's plan calls for 55 buildings, 1,000 homes

More than 500 people packed a ballroom at the Hyatt Regency hotel on Avenue Road Tuesday night for the unveiling of development plans for the Honest Ed's site at Bloor and Bathurst Streets.

The plan calls for 1,000 units of rental housing, plus retail and restaurants spread throughout 55 buildings that range in height from 2.5 storeys to a 29-storey "micro-tower" — a term used by architect Gregory Henriquez because of the building's small footprint — on the northeast corner of the site.

The numbers

50

More than 50 per cent of the apartments will be two-bedroom or larger and the development includes 57 live-work spaces and 35 artist studios. Fourteen of the heritage buildings on Markham Street will be preserved.

Structures will vary in height from four, six, seven and eight storeys and although they will appear as separate buildings from the street, they will be grouped together and share corridors.

Henriquez and his design team used wood blocks to create the concept "and make it appear as though it was built over time," the architect told more than 500 Annex residents who came to hear the presentation.

The plan also calls for a covered public market like Barcelona's Santa Caterina market with its curved roof, or the barrel-vaulted Hay's Galleria in London, England.

Markham Street is envisioned as a curbless road lined with restaurants. Landscape architect Janet Rosenberg said the plan was to use trees and plantings to demarcate road and sidewalk divisions.

The street could close to traffic on the weekends so that it could become a vibrant space to host Hot Doc movie nights in conjunction with the nearby Bloor Cinema.

Honest Ed's lane, which will be built off Lennox Avenue at the south end of the site, will be home to pop-up shops, food trucks and start-ups with the help of the Centre for Social Innovation.

The plan calls for a new east-west street linking Markham and Bathurst Streets.

Developer Westbank, which was chosen by David Mirvish, has not officially made an application to the city. Henriquez stressed that the presentation was a conceptual design and a work in progress.

Former city councillor Adam Vaughan, who is now the Liberal MP for the federal riding of Trinity-Spadina, said that getting people on and off the site could be a challenge because Bathurst and Bloor streets are too busy to use.

But he applauded the development's mix of retail and rental and is hopeful a similar mix will be available in rental prices so that the wait staff and other people who work there can also afford to live there.

We can't keep building "vertical suburbs," said Vaughan.

The plan also calls for bike storage and valet service, car sharing services and vehicle charging stations.

TORSTAR NEWS SERVICE

Dandy pup lends helping paw

Victim Services.
Five-month-old Labrador being trained to help Torontonians cope with difficult life events

This dog's just Dandy for helping people.

Save for riding the escalator, there isn't much that fazes Dandy the Labrador puppy.

As a trauma dog in training for Toronto's Victim Services, Dandy is constantly being exposed to loud and chaotic situations — riding the TTC, listening to police and fire sirens, being petted by hordes of people at once.

"The only time she's refused to do something is going up an escalator. She hasn't figured that out yet," said owner and Victim Services director of client services Bobbie McMurrich as the blond five-month-old puppy alternates between nuzzling her neck and lying at her feet, silent but for a small hiccup.

Dandy's calm disposition is what makes her an ideal addition to Victim Services, a non-profit organization that works closely with police to aid people who have experienced traumatic events.

When she's fully trained, a process that takes several months, her role will include comforting victims of violence and sexual assault as well as those who have experienced the death of a loved one.

According to McMurrich, the presence of a trauma dog has an immediate and soothing effect on people.

"To be able to offer that kind of assistance following a major event, I think would be incredibly powerful for someone who is in the most incredibly heightened state of stress and anxiety."

Sgt. Brent Hutt of Calgary police's victim-assistance unit can vouch for that. Hutt is a handler for Hawk, one of two other trauma dogs in the country, who made headlines when he was granted permission to sit with two child sex-assault victims as they testified in a Calgary court.

When it came time for the little girl to speak, "she was able to pet Hawk, and of course they had a bond together because they spent time together," he said.

Dandy the Labrador puppy with dog daycare attendant Heather Guthrie at A Leg Up pet services. Dandy is being groomed to be a trauma dog for Victim Services. CHRIS SO/TORSTAR NEWS SERVICE

Although she's never worked with therapy animals, Toronto psychotherapist Liane Odze-Silver says she can see the value in it.

"It can be soothing to have a connection with an animal because an animal is unconditionally loving and there's the physical impact of how cuddly it is," she said.

Dandy's conditioning exercises include being exposed to crowds, loud noises and different walking surfaces, said McMurrich.

Eventually, she'll be available to be deployed during the immediate aftermath of a crisis or to meet with victims and the larger community in the weeks that follow. McMurrich hopes she will be allowed into police interviews with witnesses and maybe even courtrooms.

For now though, the docile lab is busy with a "big network" of canine and human friends.

"She's become part of the Victim Services family."

TORSTAR NEWS SERVICE

Ontario PC part-timer arrested over Elliott threat

A spokesman for Ontario Progressive Conservative leadership candidate Monte McNaughton says a staffer has been arrested for allegedly sending threatening messages to a rival's campaign.

A woman was arrested last week after Tory MPP Christine Elliott's campaign said they received a series of threatening text messages.

McNaughton spokesman Joshua Workman would not name the woman but says she was both a part-time administrative worker on contract in his legislative office and a volunteer on his leadership campaign.

Workman says McNaughton took immediate steps to suspend her, which led to her security privileges at the legislature being revoked.

Elliott, McNaughton and federal Conservative MP Patrick Brown are vying to replace Tim Hudak, who resigned last year. THE CANADIAN PRESS

What's in a name? For Hamilton man, unwanted police attention

Mistaken identity. Innocent steelworker David Doucette has experienced the perils of a notorious name

He isn't the guy from Pembroke with a lengthy criminal record, nor is he the man shot dead by Toronto police last month. But because David Doucette shares the same name and birth year as both of these people — and untold others — he's been arrested, cuffed and even thrown in a jail cell over the years, in cases of mistaken identity.

"Now when I see police officers get that look in their eye, I just start saying: 'Listen, I'm not your guy,'" said the Hamilton steelworker and proud father of two who has never been charged with a crime.

Forty-nine-year-old David Doucette was shot and killed by a police officer on Feb. 18 outside his boarding house, after allegedly attacking another resident with a knife. Another 49-year-old David Doucette, from Pembroke, has been convicted six times for theft, possession of stolen goods, uttering threats, resisting arrest and breach of parole between 1997 and 2008, according to court records.

There's even a 49-year-old Toronto-born David Doucette who won defenceman of the year for the Dallas Freeze in 1993.

It turns out that there are a dozen David Doucettes in Ontario, and at least four of them were born in 1965. None are related, know each other or have ever met, but that hasn't stopped the law from getting them mixed up.

The first time Doucette from Hamilton ran afoul of the police was almost 30 years ago, when he had just finished the late shift at a printing plant and was walking to catch the bus. An alarm was blaring in the area and several police officers were on the street, he said.

David Doucette talks with media in his Hamilton home on Monday.

TARA WALTON/TORSTAR NEWS SERVICE

One stopped him and asked him a couple of questions before letting him go. Doucette thought nothing of the encounter and got on the bus. But about a mile down the road, four police cars with sirens blaring pulled up, and armed officers arrested him for breach of parole.

Pleading innocence on the way to the station, Doucette says he was ignored. Instead, Doucette said, he spent more than three hours in a holding cell, waiting for a computer printout to arrive from another station with an exact description of the parolee in question.

Adding to the confusion, police records showed the man they were looking for had his name tattooed on his arm. When the Hamilton Doucette rolled up his sleeve to reveal his "Dave" tattoo, he knew he was going to have trouble talking his way out of there.

"The only thing that saved me was he had brown eyes and I have blue eyes," he said.

Years later, Doucette would again run into trouble for his common name. Catching a ride home with a friend, they were pulled over for rolling through a stop sign.

The Hamilton police officer ran their names and was on his way back to their car when Doucette could tell something was up. "I could just tell. The way they were circling me, hands on their guns," he said.

This time Doucette got off by telling the story about the jail cell and pointing out the eye colour difference.

TORSTAR NEWS SERVICE

Benjamin Levin

Former deputy minister pleads guilty to child porn charges

A man who once held the post of deputy education minister in Ontario and Manitoba pleaded guilty to three child pornography-related charges Tuesday, as graphic details of his online activities were detailed in a Toronto court.

Benjamin Levin entered a guilty plea for making written child pornography, counselling a person to commit a sexual assault, and possession of child pornography.

An agreed statement of facts read for the court detailed the 63-year-old Levin's proclivity for using an online website with numerous chatrooms for the discussion of sexual activities.

From late 2004 to early 2007, Levin held the post of deputy education minister in Ontario, and was on Premier Kathleen Wynne's transition team as she took office. THE CANADIAN PRESS

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TORONTO TRANSIT COMMISSION

A Wiki page of one's own: Edit-a-thon looks to boost gender representation

International Women's Day. AGO event aims to give dozens of women artists Wikipedia pages

ROSEMARY WESTWOOD
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If a Wikipedia page is the new threshold for notoriety, there are a lot of "nobody" Canadian women artists.

Volunteers at the Art + Feminism Wikipedia Edit-A-Thon will aim to change that Sunday in honour of International Women's Day.

They'll pull on the Art Gallery of Ontario's 13,000 files on Canadian artists — everything from news clippings to exhibition invitations — to write Wikipedia pages for deserving women artists who've been left out of the world's new yardstick for who's important, and who's not.

The Toronto event is part of a global campaign launched last year in New York to improve coverage of women and the arts on Wikipedia.

There are about 60 satellite events planned for 2015. They include Wikipedia tutorials — training that arms volunteers to continue their work as Wikipedia editors long after the formal events are over.

Only about 13 per cent of Wikipedia editors are female.

"It's a very male-dominated environment and that skews the content away from properly representing women," said Amy Furness, the AGO's collections archivist.

The event has a suggested list of more than 40 Canadian artists and curators currently without Wikipedia entries, including Toronto performance artist and professor Johanna Householder.

"I think that any and all efforts to put more artists, more women, and more occupants of Canada on Wikipedia are fantastic," Householder said.

So far, 600 people have signed up on a Facebook event page, though Furness notes the actual number who'll attend is likely to be lower.

"The big goal is creating energy and awareness, breaking down that barrier for people to feel comfortable doing Wikipedia," Furness said. "Last year in New York they did almost 100 articles.

"A couple dozen (in Toronto) would be a huge start."

How Wiki works

To take a closer look at how Wikipedia pages are edited, check out Metro's WikiWash tool at wikiwash.metronews.ca.

Volunteers at Sunday's Art + Feminism Wikipedia Edit-A-Thon will have a suggested list of more than 40 Canadian women artists and curators to choose from. Among them will be, from left, Spring Hurlbut, Johanna Householder, Barbara Steinman and Florence Vale. TORSTAR NEWS SERVICE FILE

If you go

Art + Feminism Wikipedia Edit-A-Thon: Sunday, noon to 4 p.m. at the Art Gallery of Ontario.

- Volunteers are asked to bring laptops. Snacks and technical help will be provided.

MORE MUST BE DONE FOR TRANS COMMUNITY IN WAKE OF DEATH

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

They came in the hundreds — 250 members of the black trans and queer communities and the Somali community, filled with grief and anger.

They packed into The 519 Church Community Centre under chandeliers and amid bouquets, hugging each other, mourning the death of one of their own and remembering a bright spirit, a loving light.

Sumaya Dalmar, a 26-year-old trans woman, was found dead on a Sunday morning two weeks ago. Her death sparked outrage and calls for justice amid suspicion that Toronto police were not doing enough to investigate her death.

Whether or not that's true, police have failed in this case.

Dalmar's death has deepened the mistrust and fear that trans women in particular feel toward police, a relationship that has long been fraught.

And given how much power police hold in this city and how little of it is held by trans people, the responsibility to bridge that gap falls squarely on police.

"Toronto Police have lost a lot of ground with the trans community in the last few weeks," one trans woman said.

"We see ourselves in her. It could be any of us," said another mourner, his eyes red.

After two days of rumours that Dalmar had been murdered, police put out a statement saying there is no evidence to suggest that her death was suspicious.

In that statement, police did not directly respond to suggestions that Dalmar may have been in an altercation with a man the night before she died. A police spokeswoman said the statement was an effort to bring clarity and included all the information police could provide without compromising privacy concerns.

But many at the vigil remained unconvinced that police have told the whole story — and perhaps worse, some said they felt police do not necessarily care to.

"I know (police are) trying to build bridges," Sophie Banks, a trans woman who knew Dalmar socially, told Metro the day of the vigil. "But three times I've called (911), and each time it's been a really horrible, negative experience."

Banks has had to explain to officers what a trans woman is, been called "sir" and "freaky." Last summer, one 911 dispatcher compared trans women to "men on Jerry Springer who think they're women," she said.

Toronto Police Service is aware of the trans community's concerns and is working to train all officers on trans issues, a spokeswoman said.

Clearly, so far, it has not been enough.

Hundreds of mourners filed into the vigil for Sumaya Dalmar last night. The 26-year-old trans woman was found dead March 22. ROSEMARY WESTWOOD/METRO

Port Credit. GO station up for reno

Metrolinx wants to capitalize on the growing neighbourhood of Port Credit in Mississauga by redeveloping the GO station's 265-space parking lot there to incorporate new residential-retail-office space.

The redeveloped station would include a larger 800-spot parking structure and a new train-station section, bus loop and passenger drop-off. It would also connect to the Hurontario LRT in the future, which is supposed to terminate at or near the GO station but has yet to be funded.

It's the second week in a row that Metrolinx has publicly expressed interest in capitalizing on its station properties.

Last week it issued a tender for the development of four stations on the provincially owned Eglinton Crosstown LRT.

The provincial agency is also using a private partnership to develop a new bus terminal at Union Station south of the train tracks. TORSTAR NEWS SERVICE

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CSIS warns of online anti-Islam movement

Homegrown. Spy agency has characterized it as 'an ongoing risk'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by Islamic extremism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

THE CANADIAN PRESS

Three people released after potential Halifax mall threat

Police look for a person of interest related to a potential threat which forced the closure of the Mic Mac Mall on Tuesday in Dartmouth, N.S. Halifax police have released two men and a woman who were arrested after a mall in the city chose to close Tuesday morning over potential threats, although police were not able to confirm if the threat was valid. Police said in a release Tuesday night that the three were co-operative and it's not believed they were involved in the matter. They were not charged. THE CANADIAN PRESS

PTSD

Military report on soldier's suicide set to be released

Nearly seven years to the day a troubled young soldier killed himself on an Edmonton base, a report into whether the military police botched the probe into his death will finally be released. The publication of the Military Police Complaints Commission report next Tuesday is the latest step on a long road for the family of Cpl. Stuart Langridge. THE CANADIAN PRESS

Military

Top soldier plans to step down

The country's top military commander is planning to step down. Several defence and government sources confirm that Gen. Tom Lawson, who has been chief of defence staff for 2-1/2 years, has asked the government not to extend his term in the fall.

THE CANADIAN PRESS

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Netanyahu assails nuclear-Iran deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons and would be a very bad deal, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats, in an appearance that has stirred political controversy in two countries.

Obama saw it differently, and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

Netanyahu spoke in English shortly after Secretary of State John Kerry met for more than two hours in Switzerland with Iranian Foreign Minister Mohammad Javad Zarif in hopes of completing an international framework agreement later this month to curb Tehran's nuclear ambitions.

The Israeli leader's appeal also came two weeks before tight elections in which he is seeking a new term — and after the invitation to address Congress extended by House Speaker John Boehner, a Republican, triggered a political furor in the United States because he did not consult the White House or Democratic leaders in the House and Senate.

More than four dozen House and Senate Democrats said in advance they would not attend the event, a highly unusual move given historically close ties between the two allies.

Many of Netanyahu's comments were greeted by loud applause from U.S. lawmakers, but not everyone was persuaded by his rhetoric.

THE ASSOCIATED PRESS

Quoted

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

Thousands forced out after volcano erupts in Chile

The Villarica volcano erupted near Pucón, Chile, early Tuesday. The volcano spewed heavy smoke into the air as lava surged down its slopes, prompting authorities to evacuate the area of thousands of people. Local media showed images of the volcano bursting at the top, glowing in the dark amid heavy smoke and rivers of lava. ATON CHILE/THE ASSOCIATED PRESS

Ferguson

U.S. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Missouri, police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law enforcement officials familiar with the report.

The report, which could be released as soon as Wednesday, marks the culmination of a months-long investigation. THE ASSOCIATED PRESS

Los Angeles

Man killed by police was ex-con

A homeless man killed by police had been released last May from prison after serving roughly 14 years for bank robbery, said a law enforcement official.

THE ASSOCIATED PRESS

Tom Wheeler, chairman of the Federal Communications Commission, speaks on the impact of recent telecommunications regulation in the United States, at the Mobile World Congress Wireless show in Barcelona, Spain, Tuesday.
MANU FERNANDEZ/THE ASSOCIATED PRESS

Internet needs a referee, says FCC chairman

Net neutrality. Last week's U.S. decision expected to trigger lawsuits from broadband providers

The head of the United States' Federal Communications Commission is taking the defence of new Internet regulations on the road. Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday that "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.

The FCC approved the new rules by a 3-2 vote. One of the dissenters, Ajit Pai, said the new rules are unpredictable, which could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

THE ASSOCIATED PRESS

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Wireless show. BlackBerry unveils four new phones

BlackBerry will launch four new smartphones this year and a new package of cross-platform applications as it continues its "philosophical" shift to making software.

The company unveiled its BlackBerry Leap phone at the Mobile World Congress wireless show in Barcelona on Tuesday. The "low- to mid-" market phone will go on sale in Europe in April. Three more phones will follow.

Blackberry will roll out BlackBerry Experience, a set of three software packages focusing on security and communications for business and government customers over the next year. CEO John Chen says that since he took over a year and a half ago BlackBerry is now "committed to making software as a business."

THE ASSOCIATED PRESS

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VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA

STEPHANIE ORFORD
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With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in addition to, not replacement of," she explained.

With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. ISTOCK

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication. Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

metro

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METRO DAY AT H&M

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Here's your hat, what's your hurry?

Pharrell ALL PHOTOS: GETTY IMAGES

Tensions are reportedly running high behind the scenes at The Voice, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a--hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Quoted

"This season has brought out his true colours."

A source says of Adam Levine

New papa Ryan really needs a nap

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn.

"Our baby in particular is, we think, allergic to sleep," he tells Jimmy Fallon during an interview. "We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'"

Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a 9-week-old.

Ryan Reynolds

Sarah, that's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name Masters of Sex star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'" Which sounds like a mouthful, honestly.

Sarah Silverman and Michael Sheen

May the force be with Lego

The recently concluded first season of Disney XD's Star Wars Rebels was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the Hollywood Reporter, we can soon look forward to Star Wars: Droid Tales, which will feature C3PO and R2D2 just after Return of the Jedi rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, the whole thing is done with Legos, like The Lego Movie. Awesome.

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James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

NED EHRBAR
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the biggest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can happen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

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Gritty new drama explores racial tensions in the States

To say that the gritty new TV drama American Crime is imbued with racial undertones is not enough for star Benito Martinez.

"Saying it's an undertone of race is being polite," he pointed out during a visit to Toronto last summer.

"I think race is right in your face the whole time. But it's not about racism. It's about different races, and their different views and their different realities.

"In a not-so-subtle way," he added, "it's about what you think you know about these people, who you actually don't know anything about."

Debuting Thursday on CTV and ABC, American Crime explores the aftermath of the murder of a young war veteran during a home invasion.

Felicity Huffman and Timothy Hutton portray the struggling parents of the deceased, while Martinez stars as the widowed father of the accused.

The show was created by John Ridley, who won an Academy Award for writing 12 Years a Slave and directed the warmly received Jimi Hendrix biopic All is By My Side.

Huffman has won an Emmy and a Golden Globe while also reeling in an Oscar nomination, and Hutton is also an Academy Award winner.

Surrounded by decorated screen veterans, Martinez was certainly appreciative of the pedigree of the cast and crew.

"Everything about (the show) has just been like: 'Don't pinch me, because I do not want to wake up'," he said.

Well, he does have a knack for working his way into challenging, dark TV fare.

In recent years, he's found recurring roles as an undercover CIA agent on the biker yarn Sons of Anarchy and as a Republican senator on the gloomy House of Cards.

To most audiences, however, he's still most familiar for his portrayal of the ambitious police captain-turned-politician David Aceveda on the influential, pitch-black cop saga The Shield.

THE CANADIAN PRESS

American Crime stars Benito Martinez as Alonzo Gutiérrez. CONTRIBUTED

'I'm like the luckiest guy'

"Look, I know I'm like the luckiest guy on the planet," Martinez said of his resumé. "When we were doing The Shield, we had incredible support from the network — we were on FX. We wanted to be the bridge between network television and HBO."

- "ABC has taken this show, which you would probably see on a cable network, and they put it on prime time," he added. "They said, 'Yes, we're going to tell stories like this.' It's a whole new ball game now."

Strange Empire

CBC cancels its edgy drama

CBC's dark western Strange Empire has been cancelled.

The public broadcaster says the rookie series, which premiered last October, is ending, but gave no further details.

Strange Empire was set in 1869 on the Alberta-Montana border and centred on a group of women who band together to survive.

When it premiered, the show was touted as an example of the CBC's bold new direction in the wake of budget cuts and the loss of NHL broadcast rights. THE CANADIAN PRESS

Illegal downloads. Season 3 of House of Cards twice as pirated as Season 2

Less than 24 hours after premiering on Netflix, the third season of House of Cards had already been illegally downloaded 680,000 times worldwide, according to the piracy tracker Excipio.

The new episodes were illegally downloaded 681,889 times worldwide in the 24 hours following the premiere.

This impressive figure suggests that piracy of the series has more than doubled since last year. In 2014, the second season was pirated 320,927 times during the day after its release on the platform. AFP

Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

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METRO DAY AT H&M

It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's Guernica and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

St. George's Market

Every Friday and weekend this Victorian market offers a showcase for local crafters and food stalls. A long-derelict landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's Guernica. THE ASSOCIATED PRESS

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day. THE ASSOCIATED PRESS

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Bringing magic to life in Poland

Event. Would-be wizards are hoping to raise funds to set up a Harry Potter style role playing game

Fans of the Harry Potter series and the magical arts have launched a crowdsourcing campaign that aims to bring a College of Wizardry to life, and — if all goes well — turn a castle in Poland into a permanent school of sorcery.

Within three days of being posted on crowdfunding site Indiegogo February 28, the College of Wizardry has achieved 38 per cent of its financial goal, raising more than $19,200 of its initial $50,000 target.

Following the successful wizarding events first held last year, $50,000 would fund three four-day retreats for 138 participants who would engage in what's called 'live-action role play' (or LARP) — unscripted, improvisation, akin to children playing pretend.

"Except we have better costumes and more complex stories," explained project co-ordinator Claus Raasted in a YouTube video.

The event is set to take place at the medieval Czocha Castle in southwestern Poland, which has been open to the public as a hotel and conference centre since the 1990s.

While the first LARP events held at the castle last November were themed after the Harry Potter series with the one-off permission of Warner Bros., organizers emphasize that their College of Wizardry will not take place in the Harry Potter universe.

"There will be no mention of Muggles, no Quidditch and no Hogwarts in our fiction."

The idea? To create a generic College of Wizardry that can stand on its own legs, organizers say.

Should the campaign succeed in raising $1 million, organizers also claim they'll buy their own castle in Poland and turn it into a permanent College of Wizardry.

During the sessions, participants will be able to role-play everything from students, teachers, and ghosts to visiting reporters.

Students will enrol in classes like herbology and magical theory. Out of class, participants can explore the castle, the surrounding magical forest, and grab a beer (note, not butterbeer) at the nearby tavern. **AFP**

Poland's Czocha Castle will play host to a wizard-themed LARP events this summer if its organizers are able to raise enough funds. AFP FILE

Tour

Fifty Shades of Vancouver

It seems tourists in Vancouver are getting bound up in the hype over the film Fifty Shades of Grey. In Tourism Vancouver's monthly newsletter, the organization highlights a number of Vancouver locales that were prominent backdrops in the hit movie.

Among them, Rainier Provisions, a cafe in Vancouver's historic Gastown neighbourhood, played host to Christian Grey's first meeting with Anastasia Steele; while the Bentall 5 office tower served as Grey House. Also mentioned, the swanky Lieutenant Governor's suite at the Fairmont Hotel Vancouver doubled as the Heathman Hotel in Portland. **METRO**

Theme hotels

Living la vida lizard in Japan

One Japanese hotel is set to offer a Godzilla Room. Hotel Gracery in Tokyo gives visitors the chance to catch some shuteye under the watchful gaze of a man-size atomic mutant as he stomps on a miniature Japanese capital in the corner of your room.

For those extra-unsettling dreams, a gigantic Godzilla hand, complete with razor-like claws, looms over the twin beds. **AFP**

Lord of the Rings inspired theme park to open in Spain

Before you get too excited about the prospect of a Hobbit and Lord of the Rings theme park opening in Spain this year, best read the fine print.

News that a theme park called La Comarca (The Shire) inspired by the LOTR series was in the works launched a quiet storm of excitement among Tolkien fans in recent weeks, with fan sites hurriedly announcing the big news.

But as pointed out by eldiario.es, development of The Shire faces a major snafu. The City of Rincon de la Victoria, a seaside town in Malaga in the south of Spain, has yet to acquire the rights to use the characters, places or names from the series.

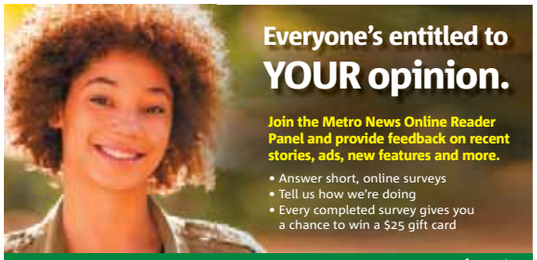
That means that the hobbits, orcs, elves and dwarves in the theme park may be 'inspired' by the series — ripoffs of the iconic JRR Tolkien characters.

So far, plans include a 120,000-metre park that will include a lake, walking paths, picnic area, forest area, and two lookout points, at a cost of 1.7 million euros, adds eldiario.es.

In other theme park news, Disney has posted a teaser video that provides a peek into the land of Pandora from James Cameron's blockbuster hit Avatar.

Pandora is set to open at Disney's Animal Kingdom in Orlando in 2017. **AFP**

A Spanish LOTR-inspired theme park called La Comarca (The Shire) will open later this year. AFP FILE



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Vacation fit for champions awaits you in Lake Placid

New York. More than three decades after the Olympics were hosted here, the town still boasts the sporting life

ON THE MOVE
Loren Christie
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Whiteface Lodge has condo-style rooms perfect for families. PETER REMUS/METRO

Lake Placid has had a population hovering around 2,500 for the last 100 years and yet has managed to host the Winter Olympics twice, in 1932 and 1980. Although it has been 35 years since the world last descended on this bucolic town in the heart of New York state's Adirondack Park, the locals still pride themselves on sharing a region that continues to punch far above its weight.

One such local is Brian Delaney. Lured by the post-Olympic glow, he and his wife Karen moved here in 1981 and started High Peaks Mountain Adventures, specializing in all activities that will get you out and exploring the park. At 6.1-million acres, Adirondack Park is larger than Yellowstone, Everglades, Glacier and Grand Canyon National Parks combined. I spent an afternoon getting a back-country ski lesson from Brian, which included tele-skiing techniques (which are counter-intuitive to anyone who downhills) and a 700-foot uphill hike in foot-deep powder. After a few hours, I was exhausted and Brian set off to explore another of the park's peaks. At dinner that night, I bemoaned my lack of physical stamina to the waiter at the Lake Placid Boat House; he comforted me with the fact that Brian is an Iron Man racer. Thank goodness everyone here knows each other.

The Main Street of Lake Placid is a mixed strip of red brick and wooden shops and restaurants complete with flags fluttering and a retro movie theatre. The difference here is that there is an Olympic training centre and museum at one end.

The legacy of the Olympics blankets the area and includes world-class downhill skiing and snowboarding at Whiteface Mountain, cross-country ski trails that Olympians continue to train on and two ski jumps that tourists can visit. There is a variety of accommodation options available from motels to rental houses to the upscale Whiteface Lodge, an incredible property with some fully equipped condo style rooms perfect for families. The decor throughout the lodge is pure Adirondack; a birch bark-covered grandfather clock, an eight-foot high stone fireplace in the dining room and a variety of taxidermied wildlife.

As I pulled out of town to begin the two-hour drive north to Montreal, my last thought of my first trip to the area was that like the Olympics, I would return.

SOME TRAVEL AND ACCOMMODATION COSTS WERE COURTESY OF THE LAKE PLACID/ADIRONDACK REGIONAL OFFICE OF SUSTAINABLE TOURISM.

Survey

MasterCard travel poll

Family tops the list of a new leisure travel survey from MasterCard, which found that spending time with family was the most popular reason for Canadians to travel, at 32 per cent. While 31 per cent had their sights set on a beach vacation this year, 26 per cent favoured outdoor adventure and 24 per cent wanted a city vacation. A substantial 47 per cent cited the weather as the most important deciding factor when choosing a destination.

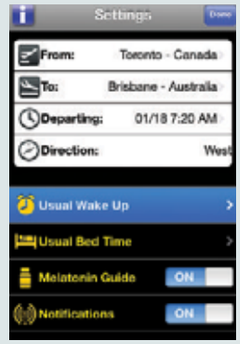
DOUG WALLACE/METRO

Tool

JetLag Genie app

Minimize the effects of jetlag with the help of this app designed to customize your plan of attack before you even leave the ground. Give JetLag Genie your flight details and it calculates your sleep cycle, so you can acclimatize to your destination's time gradually. The app estimates a timetable that prompts you when to sleep, when to wake up, when to nap and when to get some sun. $3, iOS only.

DOUG WALLACE/METRO



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Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members

DINNER EXPRESS
Emily Richards
food@metronews.ca

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 each tbsp (15 ml) chopped fresh thyme and tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

Directions

1. Mushroom Stock: In pot, combine shiitake and oyster mushrooms stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden. Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to desired texture. Stir in cream, salt and pepper, and heat until steaming.

"Someday, somehow, I am going to do something useful, something for people."

› Edith Cavell: *Courageous Caregiver*

Hailed as a brave martyr and a pioneer of modern nursing, Edith was a surprising 30 years old before she embarked on her medical training. In fact, it wasn't until helping restore her father to health that she resolved to take up nursing as a career, and went down in history as a life-saving patriot without discrimination.

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This Buffalo Chicken and Kale Stuffed Mushrooms recipe makes 15 mushrooms. MATTHEW MEAD/ THE ASSOCIATED PRESS

Mushroom caps meet Buffalo Chicken

Mushrooms are satisfying, yet a cup has just 15 calories (and two grams of protein). Plus, they offer a dose of antioxidants, vitamins, minerals and dietary fibre.

But the real benefit is that the deep flavour of mushrooms will make you forget you are eating something healthy. Since gametime snacks could use a healthy kick, take the flavours of a Buffalo wing and stuff them into a mushroom.

1. Heat oven to 375 F. Line rimmed baking sheet with foil, then mist with cooking spray.

2. Use damp paper towel to wipe mushroom caps clean, then season with salt and pepper. Set aside.

3. In sauté pan over medium heat, melt butter. Add shallot and garlic and sauté until soft, about 3 minutes. Add kale and sauté until wilted. Add lemon juice, cover and allow to steam 2 minutes. Uncover, remove pan from heat; stir in chicken.

4. In bowl, mix cream cheese, hot sauce and blue cheese crumbles. Add kale and chicken mixture to cream cheese mixture and mix well. Spoon cheese filling into mushroom caps, then arrange filled caps on prepared baking sheet. Mist tops lightly with olive oil cooking spray, then bake 25 minutes, or until tops are golden and mushrooms are tender.

THE ASSOCIATED PRESS / MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.

Ingredients

- Two 10-oz packages medium white button or cremini mushrooms, stemmed
- Kosher salt and ground black pepper
- 1 tbsp butter
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 bunch kale, stems removed, finely chopped (about 1 cup)
- 1 tbsp lemon juice
- 3/4 cup chopped cooked chicken
- 8 oz light cream cheese, softened
- 1/4 cup hot sauce
- 1/4 cup blue cheese crumbles
- Olive oil cooking spray

The importance of an introvert in the office

Career. You may find an indispensable employee in the shy professional

JINGWEI YAN
TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to remember that these are just stereotypes.

Personalities are diverse, and there is always a way to use your qualities to an advantage.

This article will highlight instances where having and developing the qualities of introversion can help you excel in the workplace.

Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.
- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech.

It involves your attention to body language and to what is not being said. In meetings, take detailed notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting.

This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.

Focusing

There is absolutely nothing wrong with wanting to work alone. If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork.

For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work.

If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there.

It would be best to block off the same time everyday so your colleagues become familiar with your schedule.

Of course, make sure this complies with management first.

The value of individual introversion in the workplace is often overlooked. ISTOCK

Your first move as mentor

Career. You've finally landed that coveted position and now it's time to give back

ALLISON TSE
TalentEgg.ca

So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your career. These skills include: giving constructive feedback, communicating in a clear and concise way, and being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

You'll see how other people solve problems

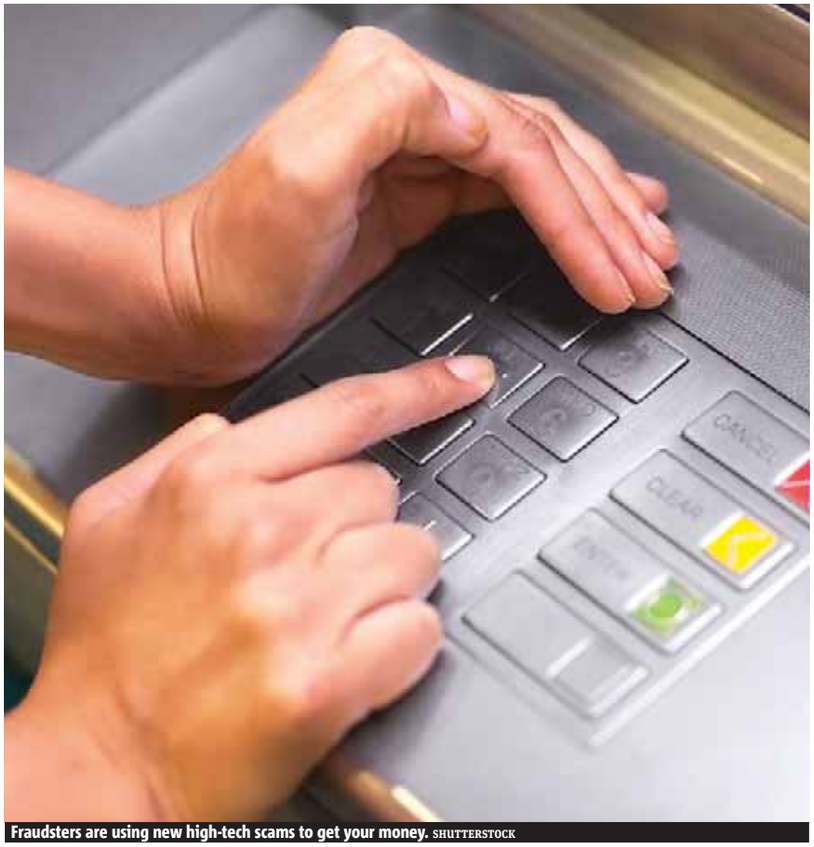
While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived at. Mentorship is a rare opportunity to gain a closer view into another person's perspective and decision-making process, and simultaneously learn from it.

You'll reflect on your own actions and learn from them.

As you mentor someone else, you'll likely provide candid advice based on your own successes and failures.

Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.

Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK


Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

ID fraud expected to rise in 2015: Experts

High-tech. Criminals have become experts at online scamming

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

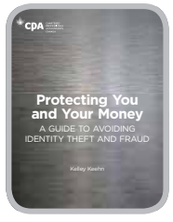
Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."

CPA CHARTERED PROFESSIONAL ACCOUNTANTS CANADA

1 IN 3 CANADIANS IS A VICTIM OF FRAUD

Identity theft is a rapidly growing crime in Canada—mass marketing fraud alone totalled more than $52 million.



Protect yourself with tips from fraud and identity theft experts in this must-read book, *Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud.*

- Spot current scams and avoid them
- Recapture your life if your identity has been stolen
- Find where to go for help and support

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Help for Canadians confused by tax forms

Resources. Many people find filling out their taxes overwhelming

BRENT JOLLY
For Metro

Taxes can be a complex area to navigate for some. SHUTTERSTOCK

With tax season lurking in the shadows of the holiday season, Canadians may want to do a little homework. For example, do you understand the difference between "tax avoidance" and "tax evasion"?

"For those who don't deal with tax issues every day, it can be a complex area to navigate," said Gabe Hayos, vice-president, taxation, with the Chartered Professional Accountants (CPA) of Canada.

Hayos defines tax evasion as an illegal activity where a taxpayer breaks the law. A common example of this could be a small business owner who fails to declare certain revenues to the Canada Revenue Agency (CRA).

Tax avoidance, by contrast, is a legal practice that allows citizens to reduce one's tax burden within the constraints of the law — through a registered retirement savings plan (RRSPs), for example, or by choosing to incorporate a small business.

For conceptual clarity, Hayos recommends consumers eschew the term "tax avoidance" and replace it with the term "tax minimization." Doing this, he said, should help consumers better understand how they can gain the greatest advantages under the federal Income Tax Act.

For example, last October, the federal government announced a $3-billion plan to overhaul the family taxation system. Policy tools contained in this proposal, such as income splitting and increased tax deduction for child care expenses, are good examples of tax minimization in action because they are designed to encourage certain kinds of consumer behaviour.

"I think the (federal) government is doing a better job of communicating how people can minimize their tax bill," Hayos said.

More Canadians would benefit from a straightforward reduction in the tax rate than by the government implementing additional boutique tax credits, Hayos said.

"I think the simplification of the tax system — so that people understand exactly what their obligations are — is an important way to ensure better compliance and satisfaction with the system," he said.

If unsure about how to declare certain income, such as for freelance work or self-employed salespeople, Hayos recommends you visit the CRA's webpage or contact a government official directly. Alternatively, he suggests you might consider hiring a tax professional.

"It is important for people to consult with an expert so they understand their rights, obligations and risks," he said.

Real Estate Title Fraud: It Can Happen To You!

Imagine…

You receive a phone call and learn that you no longer own your home. A fraudster used personal information to impersonate you and transfer the property's title from your name to theirs. The fraudster is now free to sell or re-mortgage the property for themselves or register a mortgage with the intent of walking away with the proceeds. When the lender fails to receive regular payments, proceedings commence to sell your home – all from a mortgage you knew nothing about.

In either case, you are left with the heavy burden of defending your title – a stressful, costly and time-consuming process.

This scenario is called real estate title fraud and is an unfortunate potential reality for any homeowner. Thankfully, protection from losses arising from these types of frauds is available in most title insurance policies for residential homes.

Homeowners who did not obtain title insurance at the time their property was purchased can order an Existing Homeowner Policy which can provide **peace of mind** in knowing that one of your most significant investments – your home – is protected from many of the losses that can occur as a result of being the victim of real estate title fraud.

The Existing Homeowner Title Insurance Policy is available for a **low, one-time premium and is ordered through your real estate lawyer**. Coverage lasts for as long as you own your home, and there is no deductible should you make a claim under the policy for title fraud coverage.

For more information, contact your real estate legal professional or visit www.stewart.ca.

**This is intended to provide information of a general nature only. Please review your actual policy for full coverage details.*

Family finances. Have money discussions with your kids early

LIZ BROWN
For Metro

Talking to your kids about savings and budgeting should be as natural as talking to them about eating healthy. SHUTTERSTOCK

Talking to your children about money management should be as natural as talking to them about eating healthy and making smart food choices, said Tamar Satov.

"As parents, we naturally give lessons about nutrition," she said. "We should apply that technique to financial matters."

Satov, who writes the Raising Money-Smart Kids blog for financialdecisionsmatter.ca, said money discussions should begin as soon as parents think their kids can understand what money is.

"I started talking to my son very early about money. Even at age four or five I would let him pay for things at the corner store so there's that sense of getting things for money."

Satov said setting up an allowance for children is a great way to start teaching youngsters about budgeting, saving, and making their own purchases. She started giving her son Adam a $2 per week allowance when he was five years old.

"If kids have some of their own money, they'll feel they have a stake in financial decisions," she said.

An allowance can let parents teach their children the value of a dollar and how to delay gratification. By setting up a calendar, children can see how many weeks it will take to reach their savings goals for bigger ticket items, or they can spend their allowance immediately.

A small allowance also allows children to make financial mistakes when the stakes aren't that high. Satov points to a time her son used his allowance — saved over several weeks — to buy a video game that he didn't really want because the one he did want was out of stock, but he wanted to leave the store with some kind of purchase.

"He experienced buyer's remorse and that's a fantastic thing to learn at a young age. We can remind him of that in subsequent situations."

The old-fashioned lemonade stand is also a great way to get younger children involved in learning about how money works.

"You can take them to the store and they can track how much the supplies cost versus how much they charge."

4 SPORTS

Maple Leafs

Price of season tickets won't go up in 2015-16

When Toronto Maple Leafs season-ticket holders receive their renewal notices Wednesday morning, the email will include a note from team president Brendan Shanahan delivering what qualifies as great news for fans these days — no price increase for 2015-2016 season tickets.

That might not seem like a huge favour given that Toronto's tickets are the NHL's most expensive and that the club has made the playoffs just once since 2003-2004.

But the move follows two years of modest price increases and a string of poor on-ice results that would have made it awkward for the club to ask its fans for still more money.

"I have heard your frustration and I understand it," Shanahan writes in his note to subscribers. "Your support is an important part of what makes the Toronto Maple Leafs great."

TORSTAR NEWS SERVICE

Brendan Shanahan
RANDY RISLING/TORSTAR NEWS SERVICE

The Maple Leafs' Phil Kessel, left, laid into the media over their treatment of teammate Dion Phaneuf. GETTY IMAGES FILE

Kessel plays defence off ice for Phaneuf

NHL. Sniper says he's 'embarrassed for some people and things they've said'

Phil Kessel is mad as hell about how Dion Phaneuf is treated by the Toronto media, and he's not going to take it anymore.

Kessel offered a passionate defence of the Maple Leafs' captain on Tuesday and said he was fed up with how certain media members talk about the team's No. 1 defenceman.

"I think you guys unfairly criticize Dion," Kessel said before the Leafs ended a 16-game road losing streak with a 3-2 win over the Florida Panthes on Tuesday night. "He's our best defenceman, and you guys act like he's not trying out there and this and that. It's embarrassing. I'm embarrassed for some people and things they've said about him."

Kessel said there was no one thing that set him off on the rant about Phaneuf and that he was just "tired of it." He said media members should be "ashamed" of what they've said to and about Phaneuf.

Quoted

"You watch him play, he plays hard every game for us. I'm just tired of him taking it."

Phil Kessel on the media's treatment of Dion Phaneuf

The star-right winger, who like Phaneuf is signed to a lucrative long-term contract, said there's an unfair amount of blame put on the captain for the Leafs' struggles.

"Is it his fault we're losing? No. Did he build this team? No," Kessel said. "It's not Dion Phaneuf. The stuff he takes, the crap he takes, the things people say, I'm just tired of it here. I think he's owed some apologies by some people. It's disgusting the way people treat him."

Phaneuf has three goals and 20 assists in 51 games, and is tops in scoring among Toronto defencemen since Cody Franson was traded.

Phaneuf did not speak to reporters following Kessel's pointed comments as part of his most heated interview during his Leafs tenure.

THE CANADIAN PRESS

Hudler, Gaudreau lift Flames over Flyers in overtime

Jiri Hudler scored 1:23 into overtime to give the Calgary Flames a 3-2 win over the Philadelphia Flyers on Tuesday night.

The Flames won for the second time in six games as they try to make a push in the Western Conference playoff race.

It was a successful homecoming for 21-year-old rookie and New Jersey native Johnny Gaudreau, who had hundreds of fans in attendance. Gaudreau assisted on the winning goal, helping the Flames rebound after blowing a 2-0 lead.

Sean Monahan and Mikael Backlund scored for the Flames.

Sean Couturier and Mark Streit both scored in the third period for Philadelphia.

Gaudreau, out of nearby Carney's Point, grew up a huge Flyers fan and played last season at the Wells Fargo Center for Boston College in the Frozen Four. He even played in the youth hockey games at the arena staged during Flyers intermission.

THE ASSOCIATED PRESS

On Tuesday

Flames	Flyers
3	2

The Flyers' Claude Giroux grimaces after the Flames' overtime winner on Tuesday night in Philadelphia. PATRICK SMITH/GETTY IMAGES

Jays rusty in Grapefruit League debut

MLB. Sanchez roughed up in first spring outing

Toronto starter Aaron Sanchez ran into trouble early Tuesday as the Blue Jays opened their Grapefruit League schedule with an 8-7 loss to the Pittsburgh Pirates in Dunedin, Fla.

"His first outing. We're not worried about him," manager John Gibbons said soothingly of Sanchez, who suffered from his own and others' mistakes.

The Jays have 31 more exhibition games to get it right.

Kevin Pillar homered for Toronto, which made it close with two runs in the eighth and another in the ninth when the Jays had the bases loaded.

Pedro Alvarez, Jung Ho Kang and Elias Diaz homered for the Pirates, who led 6-0 early and out-hit the Jays 14-11.

Aaron Sanchez
THE CANADIAN PRESS

Five runs (two earned) in 1-1/3 innings proved to be a tough start for Sanchez, who did not give up an earned run in six spring training games last year. He exited after 10 batters Tuesday.

It started well for the Jays with two fine fielding plays. First Sanchez stabbed a Jeff Decker liner. Then, off-balance after fielding the ball near home plate, Russell Martin threw out Sean Rodriguez. But a two-out error by third baseman Josh Donaldson left men on first and second, leading to Alvarez punishing Sanchez with a three-run homer.

THE CANADIAN PRESS

Around spring training

Former Toronto outfielder Vernon Wells was back in uniform for the Blue Jays on Tuesday, this time as a guest coach in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

With Toronto looking to 22-year-old Canadian Dalton Pompey to fill the void in centre field, Vernon Wells's three-day coaching stint this week should pay dividends.

- "I think he's kind of in position right now where it's kind of his spot to lose," said Wells. "With that mentality, you've kind of got to go out and try to dominate every day. I've been in that position and it's a fun position to be in, but you can't take for granted the work that you need to put in to excel."
- **Time cops.** Major League Baseball introduced its new pace of play initiatives during five exhibition games on Tuesday, the Jays'-Pirates' game being one of them. The new rules introduce a clock between innings and require the batter to keep at least one foot in the batter's box after taking a pitch.
- **Not so smooth.** By the way, it took 3 hours, 17 minutes for Pittsburgh to beat Toronto 8-7. The average MLB game time last year was 3:02.

THE ASSOCIATED PRESS

Pan Am Games. Nice touch added to medals

They're crafted from metal mined in three different countries across the Americas, and embossed with Braille.

The gold, silver and bronze medals for this summer's Pan American Games, unveiled at a ceremony Tuesday at the Royal Ontario Museum, represent unity and diversity, organizers say.

They're the diameter of a softball and as heavy as a can of soup, and the back of the medals reads "Toronto 2015" in English, French, Spanish and Braille — marking the first time the tactile writing system used by the blind has been incorporated in medals for both abled-bodied and Paralympic athletes at a major Games.

"It says something about what we think of people with disabilities in Canada," said Elisabeth Walker-Young, a four-time Paralympian and Canada's chef de mission for the Parapan Am Games. "And all through sport ... who knew, right? That we could do something so almost political ...

"It's really going to set a precedent, I think, for anybody who's looking to host again, whether it's an Olympic Games or a Commonwealth Games, or another Pan Am Games."

THE CANADIAN PRESS

Yankees

"I'll be a little nervous. I haven't been in front of my — our — fans, for a long time. I'm excited about that. I have some challenges ahead."

Alex Rodriguez, who returns on Wednesday for his first game in 17 months after serving a one-year drug suspension. He's slated to DH for a few at-bats against the Philadelphia Phillies in the New York Yankees' spring training home opener.

NBA

James hits new points plateau

LeBron James scored 27 points to move into 21st place on the NBA's career list, and the Cleveland Cavaliers cruised to a 110-79 victory over the Boston Celtics on Tuesday night.

James, who has 24,508 career points, moved past Ray Allen with a layup in the third quarter. He was pulled with 4:41 remaining in the period and didn't return, playing 26 minutes. THE ASSOCIATED PRESS

NFL

Bills land RB McCoy: Sources

LeSean McCoy will lead Rex Ryan's "ground and pound" running attack for the Buffalo Bills next season.

Two people familiar with deal said on Tuesday that the Philadelphia Eagles have agreed to trade McCoy, their star running back, to the Bills for linebacker Kiko Alonso. The people spoke under condition of anonymity because the teams had not announced the deal.

THE ASSOCIATED PRESS

2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) $37,595/$52,245

Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.

All-new model for 2010, with major facelift and updates for 2014.

Interesting features

Very generous back seat space and comfort; I4 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

Quietly adept at everything

Review. Buick's largest sedan, the LaCrosse, is also its most luxurious

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather so it competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates from both the mainstream and luxury brands. Think Toyota Avalon, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of $52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the speakers and be paired with iPhone for Siri Eyes Free.

Once you're set up, it's time to drive, and the first impression is one of smoothness and quiet. Quiet Tuning is a Buick "branding" thing, but it's legit. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does GM's 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels agile on its feet, and the AWD versions have torque going to the rear wheels, for more balance in cornering and smooth takeoffs.

The smoothness and quietness might be reason why the 300-hp V6 doesn't feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of it.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss.

Compare

1 Lexus ES350
Base price: $43,595
A Camry with the Lexus treatment.

2 Lincoln MKS
Base price: $49,860
Standard AWD, but lacks finish.

3 Chrysler 300
Base price: $39,590
RWD, not quite premium, but nice.

* Corolla CE: †All in lease payment is semi-monthly for 60 months with $1300 down payment. Includes freight and fees, HST extra. ²All in finance payment is bi-weekly for 84 months, includes freight and fees, HST extra. ¹All in price includes freight and fees, HST extra. Cash rebate only available on cash purchases. LE, S and LE ECO models only. Rebate does not apply to FWD LE models. Rav4 LE FWD: ³All in lease payment is semi-monthly for 60 months with $1300 down payment. Includes freight and fees, HST extra. ⁴All in finance payment is bi-weekly for 84 months, includes freight and fees, HST extra. ⁵All in price includes freight and fees, HST extra. Cash rebate is only available on cash purchases. *¹ Make no payments for 90 days when you purchase finance a new unregistered 2015 Toyota vehicle through Toyota Financial Services Canada. Offer applies on approved credit to retail customers who purchase and take delivery by March 31, 2015. The first monthly payment will be deferred for 60 days (until the 90th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Shift points

- Volkswagen says its Golf GTE plug-in hybrid offers eco-conscious buyers "the best of both worlds," being a compact hatchback that can be driven up to 50 kilometres in city driving on electric power, or up to almost 1,000 kilometres on highways using its on-board gasoline engine.
- Toyota says it likes the new large-scale array at its U.K. engine production centre in Deeside, North Wales. Almost 13,000 solar panels provide up to 10 per cent of all electricity required for manufacturing at the site, which is enough to produce 22,500 car engines per year.

Ford facility challenges other automakers

Announcing it will open a research-and-development centre in California's Silicon Valley makes Ford just the latest automaker to set up shop there, in the backyard of California electric car startup, Tesla Motors. The new facility, called the Ford Research and Innovation Center, will be in Palo Alta, less than three miles from Tesla's headquarters at Stanford University. Industry watchdog Automotive News says Ford has posted job listings for 16 positions at the centre, primarily for engineers, researchers and programmers. Ford Motor Co. CEO Mark Fields says the facility reflects the importance of Silicon Valley to future development in electronic autonomous (driverless) cars and in-car computing. "We're driving to be both a product and a mobility company," he said.

Ford is opening a new R&D centre in Silicon Valley, not that far away from electric-car company Tesla's headquarters.

New duds for the ForTwo Electric Drive still a year out

Mercedes-Benz's Smart division will bring its newly designed ForTwo coupe to buyers this year, but the Electric Drive version will carry on wearing the outgoing model's body parts until late 2016 as a 2017 model. The gasoline-powered ForTwo will arrive in showrooms this summer. More than a year later, the redesigned ForTwo Electric Drive is scheduled to go on sale, presumably with an updated drivetrain as well as sporting the new look. Smart USA general manager, Mark Webster, said the Electric Drive accounts for about a quarter of Smart's U.S. sales totals. Buyers, he said, aren't buying them just to save money on fuel. "It's not just an economic thing; (it's) an emotional reason." ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

While the next Smart ForTwo will look like this, the electric version will keep its old looks for another year. Interestingly, one-quarter of U.S. Smart sales are electrics.

VTs could help GM meet fuel-economy, emissions targets

General Motors is in the late stages of developing an in-house continuously variable transmission (CVT) for use around the world, to meet ever-tightening fuel economy and carbon-dioxide emissions. Industry trade journal, WardsAuto, says the CVT will find its way into several high-volume products by 2019, including some U.S. models. It will be mated to the company's new family of small-displacement three- and four-cylinder engines rolling out this year. The CVT has reached a point in its development where GM has hosted suppliers at its global powertrain headquarters in Pontiac, Mich., to solicit bids for parts. "We can't confirm if we are doing one," GM powertrain official Tom Read told WardsAuto. "Obviously, we have the capability." CVTs cut improve efficiency since there's no power-robbing torque converter and by keeping the engine revving in its move effective speed range.

Companies such as Nissan have been building CVTs for more than a decade, but General Motors has yet to dive in.

Chinese bendy bus is the world's largest battery-electric vehicle

While others are using electrification as a means to improve fuel economy and eliminate or reduce emissions, China-based auto and battery maker BYD is going the other way, recently unveiling what it claims is the world's largest battery electric vehicle: a city bus. The Lancaster eBus, named after the California city where it was designed and built over the past two years, looks like any other articulated bus, reports emerging technologies magazine Gizmag, but it hides some advanced electric-drive technology. These include in-wheel motors that can handle gradients up to 21 per cent, making it suitable for hilly areas while providing a claimed range of almost 290 kilometres, all while carrying a load of 120 passengers.

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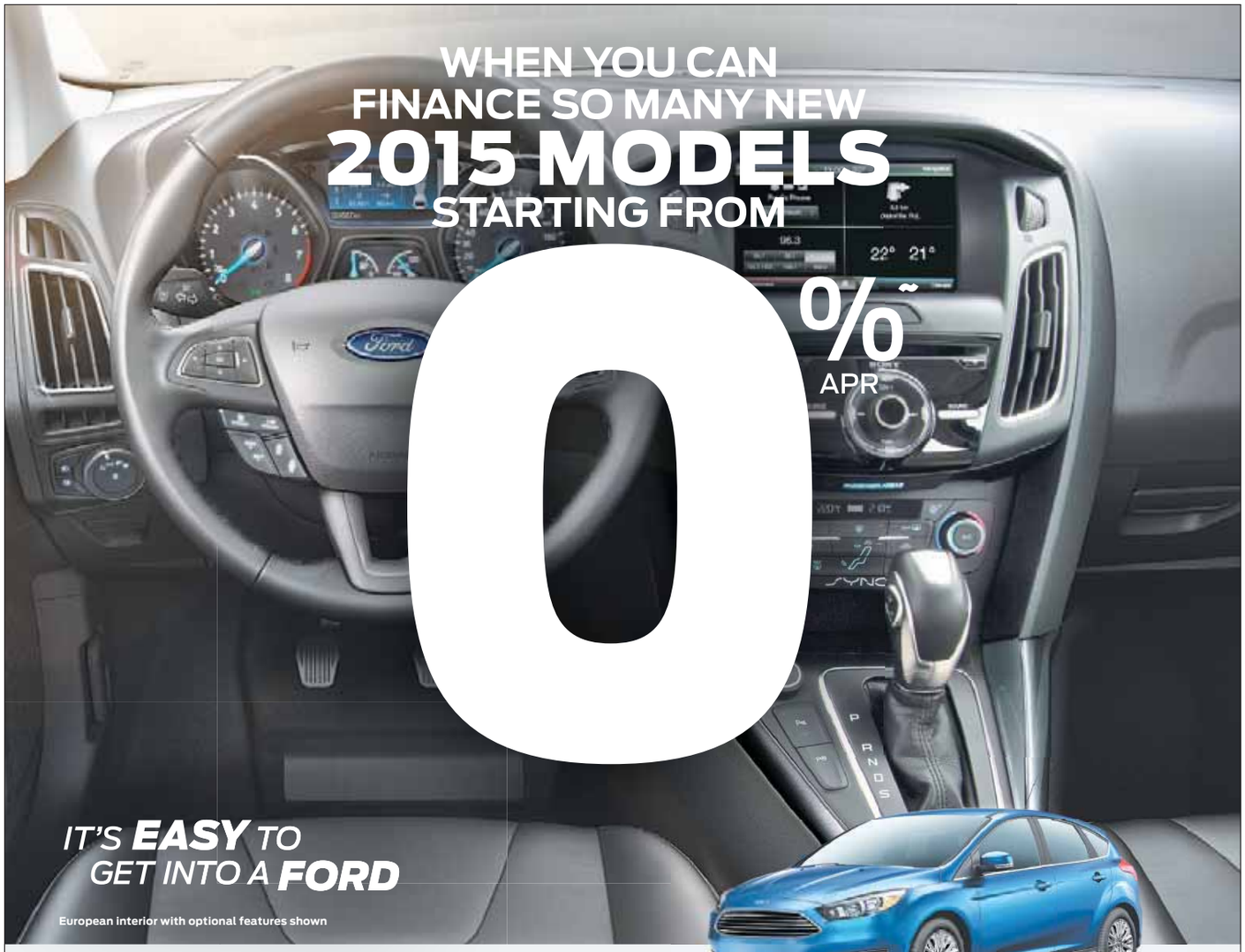

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Waging war on waste in the auto industry

Driving Force.
Making vehicles more environmentally friendly isn't just about reducing fuel use and emissions.

JIL MCINTOSH
drive@metronews.ca

It takes many resources to build a car, and manufacturers are always looking at ways to improve the process and reduce the amount of waste.

"We use the 'Three Rs' and add a fourth, which is refuse," says Brad Nichol, assistant manager of production control at Toyota Motor Manufacturing Canada.

"If material is of no use to us, such as parts we don't need, we refuse them at the door. We work with our suppliers to find returnable packaging. Not just replacing a cardboard box with a tote, but the layers that protect the parts have to be returned to the supplier, and that's done a great deal in reducing our waste."

These returnable items now include dunnage, the foam or other soft material that's used to protect smaller parts when they're packed inside boxes. The dunnage is returned and as much of it as possible is used again when the next shipment of parts is packed for delivery.

Automotive plants use large amounts of power and water, but along with obvious solutions such as more efficient light bulbs, companies also look for improvements that eliminate issues at the source. For example, improved auto paint formulas and application methods can cut down on factory emissions and waste overspray, and require far less electricity when curing the finish.

One of the major goals for all automakers is to reduce the amount of waste they send to landfills, and 32 of Toyota's North American facilities now meet the definition of a zero-waste business, meaning they divert 90 per cent or more of all their waste from landfills or incineration.

Whenever possible, waste is diverted directly inside the plant, further reducing costs by not having to ship the material to a recycler.

"We manufacture plastic bumpers, and if we find a defect, we take that rejected bumper, send it to a grinder, and it becomes raw material for the next bumper," Nichol says. "We have quality standards to make sure (the ground plastic) is not contaminated before we reuse it."

Manufacturers also look to their workforce, and programs include composting waste in plant cafeterias, colour-coding waste and recycling bins so that trash can be effectively sorted, and offering incentives for employees to come up with innovative ways to improve the plant's waste reduction processes.

A resumé of reduction

- Car manufacturers strive to meet certification by LEED (Leadership in Energy and Environmental Design), an international rating system for cost-effective "green" buildings.
- "New car smell" comes from toxic substances found in glue, plastic, textiles and other components. Automakers are working with suppliers to develop safer substitutes.

Auto plants are striving for efficiency, such as reducing the number of steps an employee must take to finish each job. CONTRIBUTED

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New plug-in hybrid packs a powerful punch

Regera. With a V8 engine and two electric motors, hypercar is unbeatable

The new Regera, unveiled at the Geneva Motor show on Tuesday, is the Swedish supercar company's first plug-in hybrid and it boasts four engines and a total output of 1782 b.h.p.

Regera is Swedish for "to reign" and as such, the car is aptly named as it is potentially unbeatable on both road and track.

Alongside a traditional 5-litre, turbocharged V8 engine are two small electric motors running to each of the rear wheels plus another electric motor in the crankshaft. And although the company's head, Christian Von Koenigsegg, wouldn't be drawn on precise performance figures when he unveiled the car, it's understood it's capable of accelerating from 0-400km/h in under 20 seconds.

But as well as an epic turn of speed, thanks to its electric motors, the car can be driven smoothly and silently around town, on battery power alone and can be plugged in or draw power from the traditional gas engine in order to recharge.

Limited edition

- Only 80 examples of the Regera will ever be built and will cost around $1.9 million each.

However, the car isn't simply about breaking records, even though it has more power on tap than any other current hypercar (a Bugatti Veyron Super sport offers 1184 b.h.p. and a Ferrari LaFerrari 950 b.h.p.), it is also about engineering ingenuity.

The Regera doesn't have a transmission; all of that power from all of the motors goes directly to the rear wheels via a hydraulic clutch and torque vectoring. The lever in the cockpit is simply for putting the Regera into reverse when parking.

By finding a way of mating all of the different motors to the rear wheels without a traditional transmission system, Koenigsegg claims it has solved one of the biggest problems associated with building a hybrid — extra weight and complexity.

AFP

The Koenigsegg Regera is capable of accelerating from 0-400 km/h in under 20 seconds. AFP FILE

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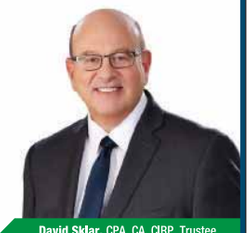
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

♉ Taurus
April 21 - May 21
Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

♋ Cancer
June 22 - July 23
Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

♌ Leo
July 24 - Aug. 23
Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

♍ Virgo
Aug. 24 - Sept. 23
Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

♎ Libra
Sept. 24 - Oct. 23
Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

♏ Scorpio
Oct. 24 - Nov. 22
Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

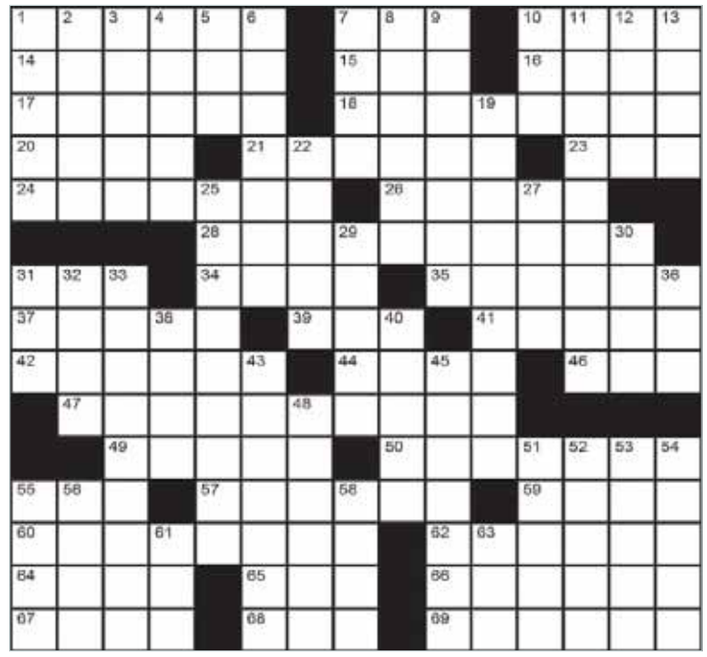
♐ Sagittarius
Nov. 23 - Dec. 21
If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

♑ Capricorn
Dec. 22 - Jan. 20
If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

♒ Aquarius
Jan. 21 - Feb. 19
Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

♓ Pisces
Feb. 20 - March 20
If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan



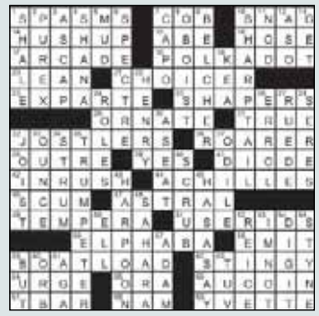
Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal __ (Canadian real estate company)
15. Mens __ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had __ __ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La __ __ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. __ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units
47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.
62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a __ extent

Down

1. Dishes: French
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's __ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. __ Blaikie, former Canadian law firm
9. Single-named contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian __
19. Manitouwadge, Ontario-born actress
Ms. Jones of CBC's "Strange Empire"
22. Catriona __ __ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family __
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variantly
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "'Canadian' ...is ___ adjective?" A. "Yes, but also a noun."
61. QB's feats
63. Carling in Ottawa, e.g.

Yesterday's Crossword

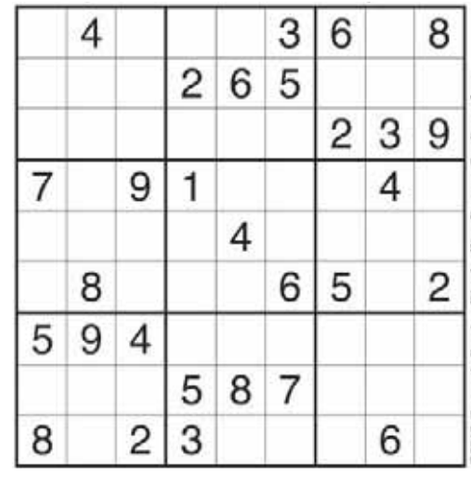


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

8	2	1	7	9	5	3	6	4
6	7	4	2	8	3	5	1	9
9	3	5	6	4	1	7	8	2
3	4	9	8	5	2	6	7	1
1	6	8	3	7	9	2	4	5
7	5	2	4	1	6	8	9	3
2	9	3	1	6	7	4	5	8
5	8	7	9	3	4	1	2	6
4	1	6	5	2	8	9	3	7

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